



# BELIEFS AND PRACTICES REGARDING HOME REMEDIES FOR MINOR DISORDERS DURING PREGNANCY AMONG ANTENATAL MOTHERS: A NARRATIVE REVIEW

Ms. Shivani Chaudhary<sup>1</sup> | Mrs. M. Hemalatha<sup>2</sup>

<sup>1</sup> M.sc Nursing 2<sup>nd</sup> year, Department of Obstetrics and Gynaecological Nursing, Teerthanker Mahaveer College of Nursing, TMU, Moradabad, U.P., India.

<sup>2</sup> Assistant Professor, Department of Obstetrics and Gynaecological Nursing, Teerthanker Mahaveer College of Nursing, TMU, Moradabad, U.P., India.

## ABSTRACT

**Introduction:** Indian culture has a long history in traditional health practices and home remedies (Grandma's medicines) for treating many conditions. Today varieties of natural home remedies are used to treat minor conditions and some severe illnesses. Despite of modern medicines most of the people still using home remedies in mother and child care. **Objectives:** To assess the beliefs & practices regarding home remedies for minor disorders during pregnancy among antenatal mothers. **Methodology:** Pub Med, Medline, EBSCO were searched for research articles in knowledge and practices regarding home remedies for minor disorders during pregnancy among antenatal mothers. **Result:** Out of seven articles, three studies showing average level of knowledge, two studies showing poor level of knowledge and two studies shows good level of knowledge on minor ailments and its home remedies. One study showing that women were practicing home care for treating minor ailments. 2 study articles shows the self management practices of pregnant women on minor disorders during pregnancy was very poor. **Conclusion:** Majority of the studies highlighted that the practices of home remedies on minor ailments during pregnancy were very low. Overall the review suggested that teaching the antenatal women about the minor ailments and their home remedy as a part of antenatal care during antenatal visits aid the mother to treat minor ailments at home and continue their pregnancy without having any major effects.

**KEYWORDS:** Beliefs, Practices, Home Remedies, Minor Disorders, Pregnancy and Antenatal Mothers.

## INTRODUCTION

The aim of the study to assess the beliefs and practices regarding home remedies for minor disorders among antenatal mothers. Pregnancy is wonderful period in women's life. Every women wants normal pregnancy and normal delivery without any complications. During pregnancy women may experience many minor disorders. These minor disorders occurs due to the hormonal, anatomical and physiological changes in maternal body.

Majority of mothers experiences such symptoms like nausea, vomiting, heartburn, backpain, lower abdominal pain, constipation, edema etc during their pregnancy period. Nausea / vomiting is a common symptom. It is usually resolves at the end of I trimester, sometimes it may be severe. Heartburn is also common ailment which occur in last 3 months of pregnancy and constipation is more common ailment which occurs due to reduced motility, increased water and salt reabsorption from the colon.<sup>[8]</sup>

Pregnancy is a crucial period of a women's life which needs special concern from the period of conception till the puerperium. Every woman wants to amuse their pregnancy period but the pregnancy is not always joyous due to the minor ailments.

Sometimes it is associated with problems of varying severity. Minor disorders are one among those problems, which causes discomforts to the mother during pregnancy. Despite the fact such discomforts are often known as minor ailments as far from they are not minor for the mother who experiences it.

## MATERIALS AND METHODS:

### Search strategy methods:

Articles searched from Pubmed, Ebsco and Medline sources. Manual searches of other relevant journals and reference list of initial search articles were referred. Articles in English language were only accepted.

**Period focused:** The review focused mainly from the period of 2013 to 2017.

### Pubmed search strategy:

Study [All Fields] during assess [All Fields] "culture" [MeSH Terms] OR beliefs [Text Word] practices [All Fields] "medicine, traditional" [MeSH Terms] OR home remedies [Text Word] ("minors"[MeSH Terms] OR minor [Text Word]) AND ("disease" [MeSH Terms] OR disorders [Text Word]) "pregnancy" [MeSH Terms] OR pregnanc [Text Word] antenatal[All Fields] "mothers" [MeSH Terms] OR mothers [Text Word] selected [All Fields] "hospitals" [MeSH Terms] OR hospitals [Text Word]

**Type of Studies:** Descriptive study & comparative study.

**Type of participants:** Primipara mothers, antenatal mothers, thin & obese pregnant women.

**Settings:** Hospitals, Maternity centre, & Primary health centres.

### Result of prisma flow chart:

The systemic review was done by using different variables of the study and different search terms framed separately. By using manual Pub Med, Ebsco and Medline sources additionally the search was made by using keywords and meanings of the term and related articles were found. Initial search retrieved 24353 articles over which 694 articles were selected manually. 104 articles were reviewed for eligibility, duplicate articles were removed and 23659 articles were excluded because they don't match with the study criteria. 590 more studies were excluded due to subscription and 97 articles due to irrelevant content. Finally 7 articles were selected where all are quantitative studies.

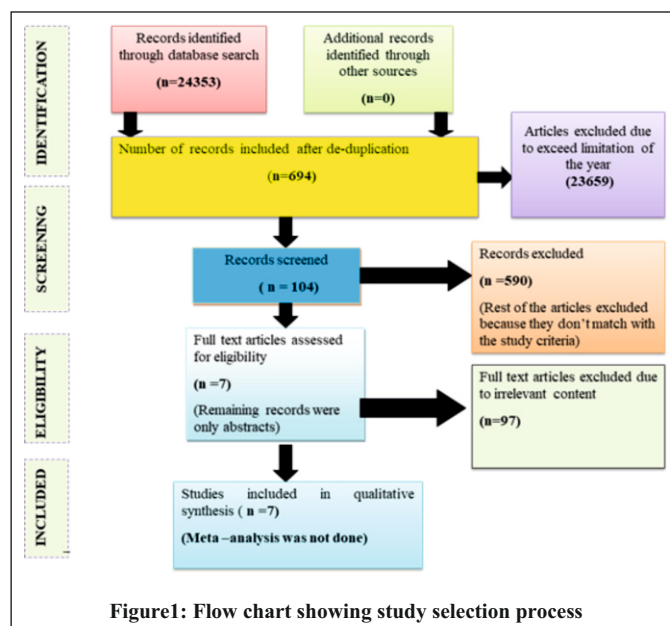


Figure1: Flow chart showing study selection process

## RESULTS AND DISCUSSIONS:

The quantitative studies conducted on knowledge and practices regarding minor disorders during pregnancy among antenatal mothers were reviewed. Most of the studies were conducted in India, including Delhi, Patiala, Erbil, Karnataka, Tamilnadu, Kolar & Raipur and concluded that antenatal mothers were having good, average & poor knowledge but practices were very low regarding minor disorders during pregnancy.

According to Madhu Bala (2017), revealed that all the antenatal mothers experienced minor ailments during their pregnancy and those mothers also used home care for some of the minor ailments they experienced during their pregnancy.<sup>[1]</sup>

According to Amandeep Kaur et al, (2017), finding showed that majority of the antenatal mothers (76%) were having average knowledge regarding minor disorders during pregnancy and its home remedies. Prevalence of nausea/ vomiting 37%, 34% of constipation, 22% of leg cramps, 14% of heart burn in I trimester. But majority of mothers had back ache in II trimester.<sup>[2]</sup>

According to Kareem Fattah Azizet et al, (2016), the result suggested that Self-management of practices of pregnant women regarding minor discomforts were very poor.<sup>[3]</sup>

According to Sharon Vincent et al, (2015), revealed that primigravida women were having poor knowledge on minor ailments and its self management during pregnancy. There was a need to educate all women on preparation towards motherhood. Providing an information booklet on minor discomforts of pregnancy and its management, an uneventful antenatal period can be expected from the mothers.<sup>[4]</sup>

According to Sangeetha.E et al, (2015), it concluded that most of antenatal mothers 43% had average knowledge, 40% had good knowledge, 10 % of them had poor knowledge, 6% of them were with excellent knowledge on minor ailments during pregnancy, there was a significant association between age of mothers with their knowledge on minor ailments during pregnancy.<sup>[5]</sup>

According to Marie Rosy (2014), the result suggested that mostly 87% of pregnant women were having inadequate level of knowledge and 65% were having inadequate practice. The mean percentage of knowledge scores was 49.2 %. There is a significant association between knowledge scores of participants with occupation and income. There is a high correlation between knowledge and practice scores of minor ailments during pregnancy at 0.05 levels. The occurrence rate of nausea and vomiting was 70%, frequency of micturition rate was 60% and fatigue rate was 50%.<sup>[6]</sup>

According to S. R. Peter (2014), finding showed that in thin pregnant women (70%) had good knowledge, (30%) had average knowledge. In obese pregnant women (60%) had good knowledge, (40%) had average knowledge. Study shows that (80%) had poor practice, (20%) had average practice in thin pregnant women. In obese pregnant women (73.33%) had poor practice, (26.66%) had average practice. The result reveals that the total mean score related to knowledge on minor disorders in thin pregnant women is 9.56 and in obese pregnant women is 10.66 and mean score related to self expressed practice in thin pregnant women is 8.4 and in obese pregnant women is 09. Mean percentage of knowledge in thin and obese pregnant women is 31.8% and 35.5%. And mean percentage of self expressed practice in thin and obese pregnant women is 28% and 30%. The standard deviation of knowledge in thin pregnant women is 2.25 and in obese pregnant women is 4.10. And standard deviation of self expressed practice in thin pregnant women is 2.50 and in obese pregnant women is 3.64. 't' value was calculated 2.69 and 2.37 in thin and obese pregnant women which was found to be significant at 0.05 levels.<sup>[7]</sup>

## CONCLUSION:

Majority of the studies highlighted that the practice of home remedies on minor ailments during pregnancy were very low. Regarding knowledge some studies shows average and some shows poor level of knowledge. Overall the review suggested that teaching the antenatal women about the minor ailments during pregnancy and their home remedy as a part of antenatal care during antenatal visits aid the mother to treat minor ailments at home and continue their pregnancy without having any major effects.

## REFERENCES:

1. Bala, M. (2017). A Descriptive Study to Assess the Prevalence of Minor Ailments during Pregnancy, Home Care Remedies Adopted by Primigravida Mothers and to Develop an Information Booklet regarding the Management of Minor Ailments during Pregnancy. *International Journal Nursing Midwifery Research*, 4 (4), 3-13.
2. Gagandeep, A. K. (2017). Assessment of the Knowledge and Expressed Practices Regarding Self-Management of Minor Ailments Among Antenatal Mothers. *IOSR Journal of Nursing and Health Science*, 6 (1), 49-54.
3. Maqsood, K. F. (2016). Self management of pregnant women regarding minor discomforts in primary health care centers. *Medical Journal of Babylon*, 13 (2), 284-293.
4. Sharon Vincent, S. N. (2015). A study on knowledge of primi mothers on self management of minor discomforts of pregnancy. *Nitte University Journal of Health Science*, 5 (2), 12-15.
5. SAangeetha .E, S. R. (2015). A descriptive study to assess the level of knowledge on minor ailments in pregnancy among antenatal mothers. *Journal of Nursing and Patient Safety and Care*, 1 (2), 1-6.
6. Rosy, M. (2014). A study to assess the knowledge and practice regarding minor disorders of pregnancy and the incidence among the antenatal mothers. *Asian Journal of Nursing Education and Research*, 4 (3), 284-287.
7. S.R.Peter. (2014). Knowledge and self expressed practice regarding minor disorders during pregnancy and its home management among thin and obese patient. *International Journal of Advances in Nursing Management*, 2 (3), 132-133.

8. Women's Health Information. Nausea and Vomiting during pregnancy. [Online]. 2011 May 4; Available from: URL: <http://www.sogc.org/health/pregnancy-nausea-e-asp>